



## Home Connection

### Avoiding Rumors and Gossip

Dear \_\_\_\_\_,

Today in class, we explored the topic of gossip and how it can affect relationships. We discussed what gossip is, why it can be harmful, and how easily rumors can spread and change as they pass from one person to another.

We also introduced a simple guideline called the **THINK strategy** to help students decide whether to pass on information or keep it to themselves. The THINK strategy encourages students to ask:

- Is it **True**?
- Is it **Helpful**?
- Is it **Important**?
- Is it **Necessary**?
- Is it **Kind**?

Please encourage your student to share what they learned about gossip and the THINK strategy. Having a conversation at home can reinforce these important ideas and help them apply the strategy in everyday life.

Please do not hesitate to reach out with any questions or concerns.

Best,

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